

## Information for Friends & Family

- Do you know a young person who carers for someone else?
- Do you think the responsibility placed on this young person may be too much?
- Do you feel that the young person needs help and support?

## Our Young Carers

Even though a child may not seem like they are struggling, in our experience there can be problems that others are not aware of. Young carers are vulnerable to bullying and caring can limit their educational, social and psychological development.

**If you would like more information, or  
make a referral please contact us**

### Southampton Young Carers Project

Voluntary Action Centre

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Southampton

SO14 1NW

02380 216032

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SVS Young Carers Project



@southamptonvs



**Know a young person caring  
for someone?**

**Read on for more  
information**



## Do you:

- Often take on practical and emotional responsibilities?
- Care for a family member who is ill, disabled or using substances?
- Help with things like, cooking, cleaning, shopping and looking after siblings?

## If so, you may be a Young Carer



I think that the Young Carers Project has definitely made a difference, because I am a lot happier, knowing that I have someone to turn to when things get rough" Young Carer aged 15

## Who are we?

We are SVS Young Carers project, we support young people who care for a family member, between the ages of 8 and 16 years old.

We have been supporting young carers across the city for over 15 years, with a base of up to 200 young carers at any one time.



## What we can do

- \* Offer a break away from home and your caring responsibilities
- \* Meet other young carers and make new friends
- \* One to One support
- \* Be listened to and to have a voice
- \* Information and guidance
- \* New opportunities & days out
- \* A range of other support including in school support

